Unit 1: Life in a Digital World - Lessons 1 & 2

Word	Meaning	Word	Meaning
1. computer	حاسب آلي	21. technology	تكنولوجيا
2. screen	شاشة	22. outdoor activities	أنشطة خارجية
3. night mode	الوضع الليلي	23. balance	يوازن / توازن
4. social media	وسائل التواصل الاجتماعي	24. electricity	كهرباء
5. laptop	حاسب محمول	25. petrol	بنزين
6. tablet	حاسب لوحي / تابلت	26. pollution	تلوث
7. website	موقع الكتروني	27. energy	طاقة
8. online	متصل بالإنترنت	28. environment	البيئة
9. email	بريد إلكتروني	29. reduce	يقلل
10. search	يبحث / بحث	30. launch	يطلق
11. digital	رقمي	31. hybrid bus	حافلة هجينة
12. ebooks	كتب إلكترونية	32. save	يوفر / ينقذ
13. download	يحمل (من الإنترنت)	33. screen time	وقت الشاشة
14. smartboard	سبورة ذكية	34. affect	يؤثر على
15. remind	يُذكّر	35. sleep	نوم / ينام
16. amazing	مذهل	36. facts	حقائق
17. habit	عادة	37. space	الفضاء
18. message	رسالة	39. minute	دقيقة
19. app	تطبيق	40. break	فسحة / راحة
20. information	معلومات		

Expressions & Prepositions

Expression	المعنى
1. share ... with	يشارك ... مع
2. start by	يبدأ بـ
3. search for	يبحث عن
4. take breaks from	يأخذ راحة من
5. hurt my eyes	يؤذي عيني
6. balance ... with	يوازن ... مع

Synonyms & Antonyms

Word	Synonym	Antonym
1. amazing	wonderful	terrible
2. useful	helpful	useless
3. online	connected	offline
4. remember	recall	forget
5. reduce	decrease	increase
6. save	protect	waste

Verbs & Conjugations (أفعال الدرس وتصريفاتها)

Present (المضارع)	Past (الماضي)	P. Participle (التصريف الثالث)	المعنى	Present (المضارع)	Past (الماضي)	P. Participle (التصريف الثالث)	المعنى
use	used	used	يستخدم	hurt	hurt	hurt	يؤذي
search	searched	searched	يبحث	take	took	taken	يأخذ
share	shared	shared	يشارك	sleep	slept	slept	ينام
download	downloaded	downloaded	يحمل	send	sent	sent	يرسل
remind	reminded	reminded	يذكر	wake	woke	woken	يستيقظ
affect	affected	affected	يؤثر على	read	read	read	يقرأ
balance	balanced	balanced	يوازن	eat	ate	eaten	يأكل
save	saved	saved	يوفر	know	knew	known	يعرف
launch	launched	launched	يطلق	show	showed	shown	يعرض
reduce	reduced	reduced	يقلل	spend	spent	spent	يقضي

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Notes (ملاحظات لغوية)

1. Online: Can be used as an adjective or adverb. Ex: I play **online** games. / I am playing **online**.
2. Night mode: A screen setting that reduces blue light to protect the eyes.
3. Remind vs. Remember: **Remind** (يُذكّر شخص): He reminds me. / **Remember** (يتذكر بنفسه): I remember.

Grammar: Present Simple & Adverbs of Frequency

1. Present Simple (المضارع البسيط):

Usage: We use it to talk about habits, routines, and facts. (عادات، روتين، حقائق)

Form:
- I / You / We / They + Infinitive (المصدر) → I **play** tennis.
- He / She / It + Infinitive + s/es/ies → He **plays** tennis.

Negative:
- I / You / We / They + don't + Infinitive → We **don't ride** bikes.
- He / She / It + doesn't + Infinitive → She **doesn't watch** TV.

Questions:
- Do you enjoy your routine? / Does Noha speak English?

2. Adverbs of Frequency (ظروف التكرار):

Tell us how often something happens. (تخبرنا عن مدى تكرار حدوث الفعل)

always (100%), usually (90%), often (70%), sometimes (50%), rarely (10%), never (0%)

Position (مكانها في الجملة):

1. **Before the main verb** (قبل الفعل الأساسي):
- I **always check** my emails in the morning.
- He **often uses** his tablet for homework.

2. **After verb to be** (بعد am/is/are):
- Ali **is never** late for school.
- We **are usually** happy.

Reading Text (Lesson 1)

"A Day in My Digital Life" - Tarek's Blog

Hi everyone! My name is Tarek, and I want to share my digital day with you.

I always start my morning by checking my phone. I usually have three or four messages from my school friends. Sometimes, my cousin from Alexandria sends me funny pictures. At breakfast, I often use my tablet to search for news. My favorite app shows me interesting facts about animals and space. I never eat without looking at something on my screen - I know it's not a good habit!

At school, we sometimes use the smartboard in our science class. Our teacher shows us amazing videos about planets and animals. I love watching them! We also use computers in our computer class twice a week. I'm learning to type faster - I can type 25 words per minute now!

After school, I always do my homework first. I usually search for information on my laptop when I need help with my projects. My favorite website has lots of useful information for students.

In the evening, I sometimes play online games with my friends. We usually play for one hour, then we stop. My parents always remind me to take breaks from the screen.

Before bedtime, I often read ebooks on my tablet. I love adventure stories! But I always use the "night mode" so the screen doesn't hurt my eyes.

I think technology is amazing, but I'm learning to use it wisely. What about you? How do you use technology in your day?

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Listening Texts (Lesson 2)

1. Ayman's Talk

Hi, my name is Ayman. I am 13 years old. I spend five hours on my phone every day. I use it to check social media and watch videos. My mom says that screen time affects my sleep because I stay up late. However, I never use my tablet for homework. I prefer to study from my books.

2. Egypt's Hybrid Bus

Egypt has recently launched a new hybrid bus in its streets. This bus is special because it uses both electricity and petrol. This is a very smart choice for our country as it helps the environment greatly. It reduces air pollution in big cities and saves a lot of energy.

Choose the correct answer (25 Vocabulary MCQs)

1. My father uses his _____ to finish his work while travelling.
   a) smartboard b) laptop c) mouse d) speaker
2. You can find lots of useful information on that educational _____.
   a) website b) street c) night mode d) habit
3. A _____ is an interactive board used in classrooms for teaching.
   a) screen b) tablet c) smartboard d) laptop
4. My mother always _____ me to take breaks from the screen.
   a) affects b) forgets c) reminds d) launches
5. I use the _____ so the screen doesn't hurt my eyes at night.
   a) day mode b) night mode c) app d) game
6. Playing online games for too long is a bad _____.
   a) habit b) space c) animal d) minute
7. A/An _____ is an electronic book you can read on a screen.
   a) tablet b) ebook c) email d) app
8. I sent a text _____ to my friend to ask about the homework.
   a) bus b) screen c) message d) nature
9. Egypt launched a new _____ bus that uses electricity and petrol.
   a) hybrid b) old c) slow d) ancient
10. Too much _____ time can affect your sleep.
    a) street b) space c) screen d) fun
11. The hybrid bus helps the environment because it _____ air pollution.
    a) increases b) creates c) reduces d) wastes
12. The synonym of "amazing" is "_____".
    a) wonderful b) terrible c) ugly d) bad
13. The antonym of "online" is "_____".
    a) connected b) offline c) fast d) amazing
14. Tarek often uses his tablet to _____ for news.
    a) look b) search c) talk d) read
15. We should _____ using digital devices with outdoor activities.
    a) damage b) affect c) balance d) forget
16. My favorite _____ shows me interesting facts about animals.
    a) app b) meal c) subject d) boy
17. Hybrid buses use electricity and _____.
    a) water b) petrol c) wind d) sun
18. You can _____ lots of files from the internet easily.
    a) sleep b) launch c) download d) drive
19. The word "save" has the same meaning as "_____".
    a) waste b) protect c) spend d) lose
20. Tarek wants to _____ his digital day with his friends.
    a) hide b) play c) share d) fight
21. I am learning to type faster. I can type 30 _____ per minute.
    a) lines b) words c) hours d) screens
22. It is not a good _____ to eat without looking away from your screen.
    a) habit b) game c) tablet d) app
23. They sometimes use the smartboard in the _____ class.
    a) break b) science c) sleeping d) outdoor
24. We spend a lot of time on _____ media platforms like Facebook.
    a) smart b) night c) social d) space
25. The hybrid bus is a smart choice to save _____.
    a) pollution b) energy c) sleep d) waste

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Choose the correct answer (25 Grammar MCQs)

26 I _____ check my phone in the morning. It's my daily routine.
a) never b) rarely c) always d) don't

27 She _____ uses her tablet for playing games; she uses it for study.
a) always b) never c) often d) usually

28 Tarek _____ three or four messages from his friends daily.
a) get b) getting c) gets d) to get

29 Ali _____ late for school. He is a very active student.
a) never is b) is never c) always is d) rarely is

30 My parents always _____ me to take a break.
a) reminds b) remind c) reminding d) are reminding

31 We _____ use the smartboard in our science class.
a) sometimes b) never c) aren't d) doesn't

32 How _____ do you use the computer at home?
a) many b) much c) often d) long

33 Does Noha _____ English well?
a) speaks b) speak c) speaking d) spoke

34 They _____ like playing online games. They prefer outdoor sports.
a) don't b) doesn't c) aren't d) haven't

35 Ayman _____ uses his tablet for homework. He hates doing that.
a) always b) often c) never d) usually

36 He _____ TV in the evening.
a) watch usually b) usually watches c) watches usually d) is usually watch

37 I _____ eat my breakfast at 7 a.m. (100%)
a) never b) rarely c) sometimes d) always

38 Mona _____ go to school on Friday. It's a holiday.
a) don't b) never c) always d) doesn't

39 My teacher _____ shows us amazing videos in class.
a) often b) is often c) often is d) doesn't often

40 The hybrid bus _____ the environment.
a) help b) helps c) helping d) is help

41 We _____ ride bikes to school. (0%)
a) usually b) often c) never d) always

42 _____ you enjoy your daily routine?
a) Does b) Are c) Do d) Have

43 The students _____ their homework after school.
a) does b) do c) doing d) are do

44 She _____ ready for the exam.
a) always is b) is always c) always are d) does always

45 He _____ reads ebooks because he prefers paper books.
a) often b) always c) rarely d) usually

46 What time _____ your father wake up?
a) do b) is c) does d) has

47 I sometimes _____ online games with my friends.
a) play b) plays c) playing d) played

48 The cat _____ sits on the table. (50%)
a) always b) never c) sometimes d) usually

49 Our school _____ at 8 o'clock every morning.
a) start b) starting c) starts d) started

50 Tarek's cousin _____ him funny pictures.
a) send b) sending c) sends d) are sending

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Rewrite the following sentences using the word(s) in brackets (20 Questions):

1. He plays football every day. (always)
2. She doesn't go to school on Fridays. (never)
3. They are active boys. (usually)
4. Do you play tennis on Mondays? (often)
5. I do my homework in the evening. (sometimes)
6. Ayman never uses his tablet for homework. (doesn't)
7. I play games twice a week. (How often)
8. She reads ebooks on her tablet. (often)
9. We don't watch TV in the morning. (never)
10. Ali is late for his class. (never)
11. Tarek searches for news on his tablet. (What)
12. The hybrid bus helps the environment. (How)
13. He always finishes his lunch. (doesn't)
14. Salma goes to the library sometimes. (Where)
15. They always ride their bikes to school. (Do)
16. My parents remind me to take a break. (usually)
17. I am happy when I play online. (always)
18. Tarek's cousin sends funny pictures. (Who)
19. He often eats healthy food. (never)
20. We have a computer class on Sundays. (When)

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General Exam on Unit 1 (Lessons 1 & 2)

First Year Preparatory **Marks: 30** **Time: 2 hours**

A. Listening (5 Marks)

1. Listen to the text and answer the following questions:

1.a Write True (T) or False (F): (2 Marks)

1. We shouldn't spend too much time on our screens. (.....)
2. Screens are very good for our eyes if we use them all day. (.....)

1.b Listen again and complete: (3 Marks)

1. Technology is very ..... today.
2. We use computers to study and ..... .
3. We must balance our screen time with ..... activities.

B. Reading (15 Marks)

2. Choose the correct answer from a, b, c or d: (2 Marks)

1. The synonym of the word "amazing" is "_____".
   a) bad b) wonderful c) terrible d) ugly
2. The antonym of "online" is "_____".
   a) connected b) offline c) active d) smart
3. To form the adjective from the word "use", we add the suffix "_____".
   a) -ful b) -ly c) -ness d) -ment
4. A _____ is a small computer that you can carry with you.
   a) mouse b) laptop c) space d) speaker

3. Read and complete the text with the words in the box: (2 Marks)

[online - night - download - balance - habits]

We should have good digital (1)..... For example, we must (2)..... our screen time with outdoor activities to be healthy. When you read ebooks in the dark, it is better to use the (3)..... mode to protect your eyes. Also, remember not to play (4)..... games for too many hours.

4. Read the following text, then answer the questions: (7 Marks)

Hi everyone! My name is Tarek. I always start my morning by checking my phone. I usually have messages from my friends. At breakfast, I often use my tablet to search for news. My favorite app shows me interesting facts about space. At school, we use computers twice a week. After school, I do my homework. In the evening, I sometimes play games with my friends online. We usually play for one hour, then we stop. My parents always remind me to take breaks from the screen. Before bedtime, I often read ebooks, but I use "night mode" so the screen doesn't hurt my eyes.

A) Choose the correct answer: (1 Mark)

1. The main idea of the text is about Tarek's _____.
   a) school bag b) digital day c) favorite sport d) holiday
2. The underlined pronoun "we" refers to Tarek and his _____.
   a) parents b) teachers c) friends d) brothers

B) Answer the following questions: (6 Marks)

3. What does Tarek's favorite app show him?
   .....
4. How often does Tarek use computers at school?
   .....
5. Do you think Tarek uses technology wisely? Why?
   .....

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5. STORY (4 Marks) - The Jungle Book

5.a Write True (T) or False (F): (2 Marks)

1. **Mowgli is a young boy who lives in the city. (.....)**
2. **Baloo the bear teaches Mowgli the law of the jungle. (.....)**

5.b Answer the following questions: (2 Marks)

1. **Who is Shere Khan?**

.....

2. **Do you think it is safe for a boy to live in the jungle? Why?**

.....

C. Writing (10 Marks)

6. Rewrite the following sentences: (4 Marks)

1. **He always does his homework in the evening. (doesn't)**

.....

2. **Ali plays tennis twice a week. (How often)**

.....

3. **She is an active girl. (usually)**

.....

4. **I don't use my tablet at school. (never)**

.....

7. Complete the following dialog: (2 Marks)

Ahmed and Ali are talking about digital habits.

Ahmed: How (1)..... do you use the internet?

Ali: I use it every day.

Ahmed: What do you use it (2).....?

Ali: I use it for my studies and to search for news.

Ahmed: (3)..... you play online games?

Ali: Yes, I sometimes play games.

Ahmed: Is it a good (4)..... to play for a long time?

Ali: No, it isn't. It hurts my eyes.

8. Write a text of NINETY (90) words on: (4 Marks)

"Your Digital Habits"

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Al-Azhar Exam on Unit 1 (Lessons 1 & 2)

A - Listening (1 Mark)

1. Listen and answer:

1. What does Ayman love doing?

.....

2. How long does he play daily?

.....

B - Language Functions (3 Marks)

2. Supply the missing parts in the following dialog:

Ali is asking Omar about his new tablet.

Ali: Is this your new tablet?

Omar: (1) .....

Ali: (2) .....?

Omar: I use it to read ebooks and study.

Ali: (3) .....?

Omar: Yes, it has a night mode to protect my eyes.

C - Vocabulary and Structures (4 Marks)

3. Choose the correct answer: (2 Marks)

1. My mother always _____ me to do my homework.

a) reminds b) remembers c) forgets d) makes

2. I use the _____ mode so the screen doesn't hurt my eyes.

a) morning b) day c) night d) early

3. Tarek _____ uses his tablet for study. He is a good student.

a) never b) usually c) doesn't d) isn't

4. He _____ late for school.

a) always is b) is never c) never is d) does never

4. Find the mistakes in the following sentences and correct them: (2 Marks)

1. He always play online games. (.....)

2. We uses the smartboard at school. (.....)

3. She never is late for her classes. (.....)

4. Do he like reading ebooks? (.....)

D - Reading Comprehension (4 Marks)

5. Read the following passage, then answer the questions:

Egypt has recently launched a new hybrid bus. This bus is special because it uses both electricity and petrol. It is a smart choice for our country because it helps the environment. It reduces air pollution in big cities and saves a lot of energy. People like travelling on these clean buses.

1. Why is the hybrid bus special?

.....

2. What does the hybrid bus save?

.....

3. The hybrid bus helps to _____ pollution.

a) increase b) reduce c) make d) love

4. The underlined word "It" refers to the _____.

a) pollution b) petrol c) electricity d) hybrid bus

E - Writing (4 Marks)

6. Write a short paragraph of FOUR (4) sentences on: "How to use technology wisely"

.....

.....

.....

.....

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